

**ABSTRACT OF THE DISCLOSURE**

A handheld massage device has a body including a handle portion and a head portion forming a socket in which a roller ball is removably received. The user can 5 provide increased pressure and can better control a motion during a massage by way of the device. A rolling aspect of the roller ball provides a distinctive massage, especially when a ball of a predetermined size, material, and/or other physical characteristics is used in the device. The massage device may include a set of roller balls, and the method may include selecting a roller ball from the set based on one or 10 more desired characteristic and/or associated therapeutic property to impart a particular healing or other benefit to the subject person.